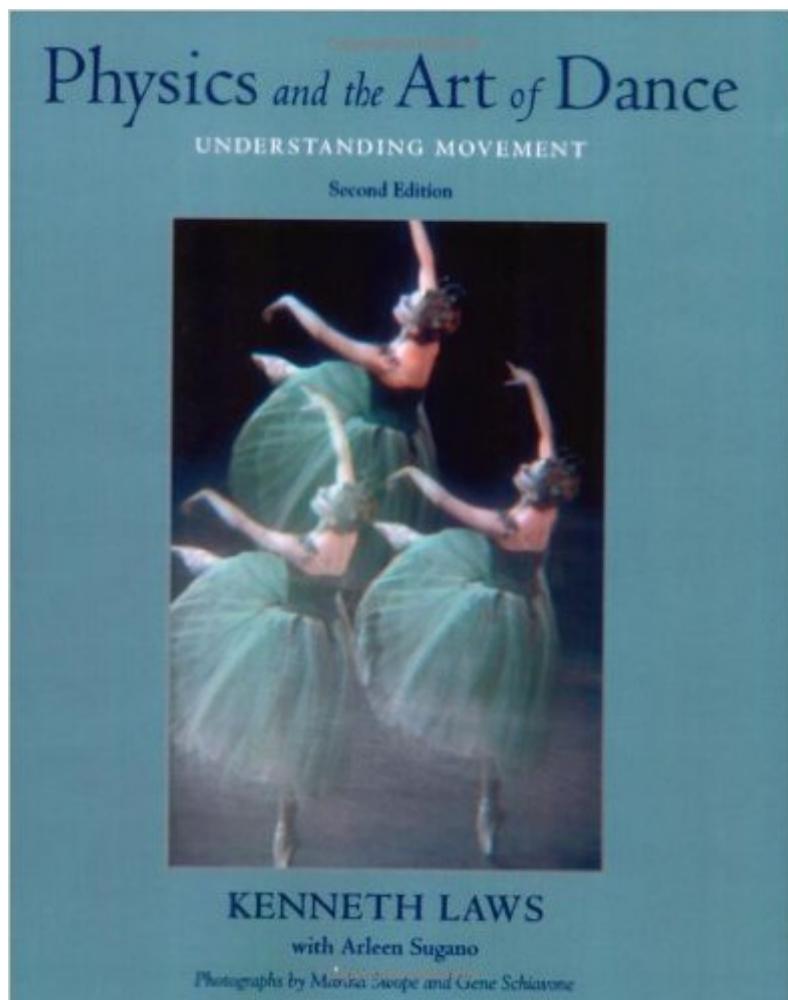


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# Physics And The Art Of Dance: Understanding Movement



## Synopsis

Physics and the Art of Dance gives all who enjoy dance - whether as dancers, students, teachers, or fans - an opportunity to understand what happens when human bodies move in the remarkable ways we call dance. How, for instance, do dancers create the illusion of defying gravity? Or of starting to spin when in the air with no source of force to act on their bodies? You may observe some dancers using their arms in a way that allows some to jump higher than others. What is that technique, and why does it work? In this second edition, author Ken Laws - a physicist with years of professional dance training - teams with veteran dance instructor Arleen Sugano to provide new step-by-step experiments for dancers. "What you see" sections describe the way physical principles form the framework within which some movements exist. The complementary "What you do" sections allow dancers to experience how those physical analyses can provide them a more efficient means of learning how to carry out those movements. Throughout, the book shows how movements are first artistic expressions, and secondly movements of the body within the framework of easy-to-understand physical principles. Dancers and dance instructors will find in this book an efficient means of improving technical proficiency and growing professional and aesthetic development. For physics and science teachers, the book provides a new and compelling way to draw people into the world of science. And observers and fans of dance will marvel over the beautiful time-stop photography by renowned dance photographers Martha Swope and Gene Schiavone.

## Book Information

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## Customer Reviews

This book is INCREDIBLE! I have several years of different kinds of dance and dance-related background (social dancing - swing, tango, etc.; yoga, pilates, ballet, ...) I also have a strong background in mathematics, physics, computer science (will have a Ph.D. in a few months) and related disciplines. If you have some college-level physics background, or even a solid understanding of high-school physics, chances are that you can work out many of the things in this book on your own. But it takes time, and you may not have the enthusiasm. (In fact, after reading this book you may get the enthusiasm to actually work out a few things.) On the other hand, if you have this kind of background, then reading this book is simple, very enjoyable, and also a great learning experience. You do not have to understand everything. If you understand one idea from each chapter - that is more than enough to read this book. (For example, if the only things you understand from the chapter on pirouettes is that it makes sense to push into the floor with both legs in opposite directions. Another idea you may get from another chapter is - why your body wants to lean in the direction you are starting to fall to actually save you from falling.) This is great for learning dance on top of your scientific background. In minutes you pick up things that would take months to discover. You start applying them immediately. Very quickly (if you devote some time to thinking over this book) it creates a framework in your mind. You come to a dance class, and you understand so much more, because many of the things can be easily explained in the framework of this book.

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